

# 3DAYS3WAYS

EARTHQUAKE • FLOOD • VOLCANOES • TSUNAMI • TERRORISM  
• PANDEMIC FLU • WIND STORMS

## DISASTERS HAPPEN - ARE YOU READY?

We never know when or where disaster will strike but we can be ready, resilient, and safe during emergencies by preparing in the following 3 Ways!



### 1. Make a Plan:

- ☐ Know the hazards that exist in your area and how they affect you.
- ☐ Have an evacuation and communications plan in place so everyone in your family knows what to do and where to go. Everyone in your family should have the name and phone number of an out of area contact.
- ☐ Practice! Practice! Practice!

### 2. Build a Kit:

What do you need for yourself and your family if emergency responders can't help you during a disaster?

A minimum three-day survival kit is a basic tool for providing peace of mind, comfort, and survival needs during a disaster.

Store at least one kit each at home, in the car, at work, and at each child's school or daycare facility.

You can buy a starter kit or put one together yourself. If you buy a kit, remember to customize it to fit your needs. You may need extra items for children or pets.

On the back of this sheet you will find a checklist of items that you may want to include in your disaster kit or simply go to [www.buyakitnow.com](http://www.buyakitnow.com) and purchase a starter kit online.



### 3. Get Involved:

- ☐ Attend trainings and get involved with your neighbors and community.
- ☐ Learn CPR and First Aid
- ☐ Become part of a Community Emergency Response Team (CERT)
- ☐ Talk with your family and neighbors about preparing for and responding to emergencies in your neighborhood.

